



# Ypsi Mix

312 N River Street, Ypsilanti MI

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www.ypsifoodcoop.org

## Local Vendor: The Brinery!

—By Lisa Bashert

David Klingenberger loves to talk about his business, The Brinery!

Economy and ecology are synonymous in his mind. Thus, his tag line “stimulating your inner economy,” refers to the influence on our intricate digestive systems of many different organisms interacting. Billions of bacteria cells are present in our bodies, more bacteria than human cells. David enthusiastically compared his products to a stimulus package for your gut—the Brinery’s products are pro-biotic rich and alive, stimulating your body to greater health! David is delighted to be stimulating Michigan’s local foods economy, as well.

Born in Ann Arbor, David went to Community High School. At age 19, David didn’t want to go to college so he traveled, seeking some way to live off the fruits of his labor. He began working with Tantré Farm. The Brinery was literally birthed out of having an excess of fresh cabbage at Tantré. David discovered that he loved making kraut because it is raw and when you cook food, you destroy nutrients. Tantré supported his explorations into fermentation to the hilt!

He is fascinated with the cultural aspects of food and food preser-

vation. In his workshops and teaching, David loves to recommend *Wild Fermentation* by Sandor Katz. Two other books that continue to inspire David are *Nourishing Traditions* by Sally Fallon and *Preserving Food without Freezing or Canning* written by the gardeners of Terre Vivante in France.

Tantré IS his family. Without the agricultural roots he developed there, David might have become another immigrant out of the state.

David is thrilled that YFC is carrying his products. He’s a

big fan of our small Co-op and says he enjoys its “heart” and personality. Thanks, David!



**THE BRINERY**  
Stimulating your inner economy.

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## New Regular Column: A Peek at Produce!

—By Jen Whaley, YFC produce manager

It’s the most common question I get asked by shoppers: What’s the difference between yams and sweet potatoes? The answer might surprise you. While both are root vegetables, the two plants are botanically unrelated. Early Americans were already familiar with the sweet potato (golden-skinned with firm creamy white flesh)

when a new variety (red-skinned with softer orange flesh) was introduced to the market. African slaves called the latter variety “yam” because it resembled a food found in their home land. The name stuck and today the USDA still labels the softer orange-fleshed variety as a “yam” (although producers

are also required to include “sweet potato” on the packaging to avoid—or increase!—confusion). True yams from Africa can be up to five feet long and are not to be found in your typical produce aisle.

Another potato perplexity: sweet potatoes aren’t just sugary potatoes! In fact, the

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# StrongerTogether.Co-op



In celebration of 2012 International Year of the Cooperative, the spotlight is on food co-ops all across the country in the newly created Stronger Together video series.

This series is hosted by celebrity chef Kevin Gillespie, known for his “fan favorite” status on Season 6 of Bravo’s hit show *Top Chef*.

Watch the videos and you’ll quickly discover the many ways food co-ops’ shoppers and owners, and their communities are **stronger**

View the videos at:

<http://strongertogether.coop/collections/international-year-of-cooperatives-videos/>

## A Peek at Produce, cont’d

I yam  
what  
I yam



(Continued from page 1)

white potato isn’t even a root vegetable; it is actually a tuber (underground stem). The potato plant is a nightshade, in the same family as tomatoes and peppers, while the sweet potato belongs in the morning glory family. Looking for ways to prepare those delicious yams... er...

sweet potatoes you just bought? They are excellent cut into bite-size pieces, tossed with some olive oil and sea salt, and roasted in a 400-degree oven. Combine with onions and other root veggies for a savory side dish or main course. Or see the recipe suggestion on page 3.

# Spring Recipe for Sweet Potato Dip



**Serve with  
chips or  
crackers.**

## Ingredients:

2 medium sweet potatoes  
2 tablespoons pure maple syrup  
1 tablespoon butter, melted  
1 tablespoon lemon juice

1/2 teaspoon ground ginger  
1/8 teaspoon ground nutmeg  
1 dash ground black pepper  
4 tablespoons chopped pecans,  
toasted

## Directions:

1. Place the potatoes into a 3-quart saucepan and add water to cover. Heat over medium-high heat to a boil. Reduce the heat to medium and cook for 15 minutes or until they are tender. Drain the potatoes well

in a colander. Peel the sweet potatoes. Return them to the saucepan. Mash the sweet potatoes with a hand masher.

2. Stir the potatoes, syrup, butter, lemon juice, ginger, nutmeg, black pepper and 3 tablespoons pecans in a medium bowl. Sprinkle top with remaining pecans. Serve with crackers or chips for dipping.

***"A little bit of  
sweetness and  
a whole lot of  
great taste...  
ready in just  
30 minutes."***

## Wednesday March 7, 7:30pm

### Reskilling for Health, Economy & Environment, at YFC

Laura Smith, co-organizer of the Ann Arbor ReSkilling Festival, will talk about how the current ReSkilling movement aims to help people skill up for low-energy living -- and in a way that is both fun and community-oriented. When it comes to food, in particular, gaining these skills can improve health, save money, and help us heal and protect our world.

## Thursday March 9, Potluck 6pm, Film 7:00pm

### Film: "The Eleventh Hour" at Ypsi Downtown Library, 229 W Mich Ave, Ypsi

Immediately follows the 6pm Growing Hope Community Potluck—all are invited! Part of the Sustainability Film Series co-sponsored by YFC, Growing Hope, Ypsi District Library and Transition Town Ypsi, "The Eleventh Hour" is a look at the state of the global environment including visionary and practical solutions for restoring the planet's ecosystems.

## Friday March 16, 5-6pm

### Spring Beer Tasting, at YFC

A tasting for St. Patty's Day: including Guinness Stout, ABC's Faircy Stout, and Short's Uncle Steve's Irish Stout (if available).

## Saturday March 17, 9 - noon

### SE Michigan Beekeepers Association Spring Conference, at Schoolcraft College

Join the volunteers of the Local Honey Project to attend this educational conference. Contact [lisa@ypsifoodcoop.org](mailto:lisa@ypsifoodcoop.org).

## Monday March 26 6:00-6:45pm

### New Member Orientation

"Get to Know Your Co-op!" with a short slide show and a tour of the Food Co-op. All are invited.

## Save the Date! Thursday May 24, 6pm

### Annual General Membership Meeting

**March Events**

# Welcome new staff: Alex & Brenna!

**Alex**



New coordinator Alex Mandrila loves traveling, riding a bicycle, and photography. When he was 21, he rode his bike from Michigan to Oregon and he hopes to ride around the world someday. He intends to make a career out of photography and film making. Welcome, Alex!

**Brenna**



Brenna York is a Creative Writing major at Eastern Michigan University. She is considering going for her Masters, loves pugs, is originally from Grand Blanc, and is glad to be working at the Ypsi Food Co-Op! Welcome, Brenna!



## Ypsilanti Food Co-op

### General Manager

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all our coordinators,  
volunteers and members*

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## Fun Facts from National Cooperative Grocer's Association, in celebration of the International Year of the Cooperative 2012!

- Today, cooperatively-owned utilities bring electricity to 75% of the United States' land mass.
- Our Co-op works with over 120 local farmers and suppliers.
- Fair trade coffee, tea, chocolate are available from Equal Exchange, a worker-owned cooperative!
- Arts & crafts co-ops produce an estimated \$237 million in revenue and nearly 4,000 jobs in the U.S.
- Co-op brewpubs are a growing trend! Black Star in Austin, TX and Flying Bike in Seattle, WA to name just two.
- Co-op values reflect the values of the membership. It means good food, good environmental stewardship, and taking good care of people.
- The Texas Organic Cotton Marketing Co-op produces up to 15,000 bales of pesticide-free cotton each year.
- The majority of our country's 2 million farmers are members of the nearly 3,000 farmer-owned cooperatives. They provide over 250 thousand jobs and annual wages of over \$8 billion.

## St. Patrick's Day Quiz

1. The first recorded American St. Patrick's Day celebration took place in Boston on March 17th in: (A) 1737; (B) 1762, (C) 1862; (D) 1900.

2. The shamrock symbolizes St. Patrick's Day because: (A) Saint Patrick used it as a metaphor to explain the Holy Trinity; (B) the wearing of the shamrock by the Irish natives was a demonstration of national pride; (C) it was an act of overt Irish defiance to their English rulers; (D) because it symbolized the rebirth of spring; (E) all of the above

3. A modern Wiccan custom advises Pagans to wear what color

on St. Patrick's Day: (A) green; (B) brown; (C) purple.

4. St. Patrick's Breast-Plate is: (A) a poem; (B) a piece of armor; (C) a term for the shamrock.

5. The first recorded instance of the now iconic St. Patrick's Day

parade in New York City took place in: (A) 1705; (B) 1762; (C) 1840; (D) 1897

6. Early Catholic history states that the first Christian in Ireland was: (A) St. Paul in the 1st Century AD; (B) Aristobulus in the 4th Century AD; (C) St. Patrick in the 5th Century AD

7. The original color associated with St. Patrick was: (A) pink; (B) yellow; (C) blue; (D) orange; (E) green

8. Saint Patrick's Day is a public holiday in the (A) Republic of Ireland; (B) Montserrat; (C) Newfoundland; (D) Northern Ireland; (E) all of the above.



Answers on page 2.